

U.S. ARMY RESERVE PHYSICAL THERAPY NEWSLETTER – FEBRUARY 2003 THE OFFICE OF THE SURGEON GENERAL

Colonel Cheryl B. Howard, IMA to the Chief, Physical Therapy Section, AMSC

GREETINGS

I am performing my last two weeks of Annual Training with Colonel Charles Scoville at The Office of The Surgeon General in Falls Church, Virginia during one of the top five snowstorms that Washington, D.C. has experienced. I have also just attended the APTA Combined Sections meeting in Tampa, Florida. Thus, I have been privileged to be in the company of some of the finest civilian and military physical therapists in our field.

Many of you who participate in APTA activities, and who maintain contact with the reserves on a regular basis are aware that we are moving to paperless communication. Most all of us have access to a computer and the Internet. In following with this trend, this will be the last paper newsletter I will distribute. Now and in the future, you will be able to access the newsletter on the AMSC website at: www.amsc.amedd.army.mil You will find this newsletter in the reserve section of this site. Also on this website, you will find the most recent edition of the Medallion of January 2003, the active duty AMSC publication. As you peruse the Corps website, you will find other useful resources as well. In other sections of this newsletter, I will make reference to these other sites. In order for me to send you this newsletter, and other

pertinent reserve information, I need your current e-mail addresses. You may currently contact me at the following addresses:

Cheryl.howard@us.army.mil

Cherylhoward1@attbi.com

Home Phone: (360) 357-3487

REFLECTIONS

With all that has happened since September 11, 2001, I believe that all of us agree that these are times for us to reflect on our roles as physical therapists in the US Army reserves. We must be prepared to rally to the call if asked. Some of us have already been asked, and all have willingly answered. Also, let us not forget the patriotic sacrifice of the pilot on the Space Shuttle Columbia in his service to our country. Commander Willie McCool was the son of Barent and Audrey McCool, COL, SP, USAR(retired). I had the pleasure of knowing and working for a short time with COL McCool when she served as the IMA to the Chief, Dietitian Section before she retired in the fall of 2000. I know that our prayers go out to her and her family.

REFLECTIONS (CONT.)

As the IMA to the Chief of Physical Therapy, and attached as Commander of the 6403rd RTU, I know of soldiers activated to serve in the cause for preserving our freedom. Each is making a sacrifice, but only with the long vision of what is at stake if we don't serve. I am proud to serve with the best physical therapists in the world. Later this year I will be retiring if there is stop loss, and passing the baton to another IMA, to later be announced. I am proud to have served in this position and wish you all well.

CREDENTIALS

Often I have received requests from active duty PTs from various MTFs for reserve PTs who may be able or interested in performing AT with them. These requests come from various MTFs from Hawaii to Germany to mainland sites. If I have your e-mail, I will keep you abreast of these requests. Let me know your areas of expertise and special skills, as requests are often made for PTs with certain skills. All requests want reserve PTs who are currently qualified to perform neuromusculoskeletal screening. Continue to maintain your credentialed status in this area. Keep your credentials records up to date through your unit credentialing coordinator. If you are an IMA or IRR reservist, then you must update your credentials, sending hard copies of your license, CPR certificate, etc. to the Quality management Team at AR-PERSCOM. First call them at:

1-800-325-4729, option#6. If your credentials are not up to date, you will not be eligible for these opportunities. If it is just a matter of submitting your updates, then do this so that arranging AT for you goes much more efficiently.

Read the Education and Training section of this newsletter for a list of some of the continuing education courses that will assist you in meeting your education needs and goals.

EDUCATION AND TRAINING

Now there is a requirement that we complete a minimum of one hour of CBRNE (Chemical agents, Biological agents, Radiological agents, Nuclear devices, Explosive devices) training, prior to being eligible to attend a Post professional Postgraduate Short Course Program (PPSCP) course. You may complete this on the ATRRS (Army Training Requirements and Resources System) website. This website is as follows:
<http://www.atrrs.mil>

Some of the 2003 courses being offered are listed below:

COL Kersey Neuromusculoskeletal Evaluation Course, course no. 6H-A0606. Offered September 8-19, 2003 in San Antonio, Texas. For this course there have traditionally been two reserve slots. Since competition is a factor for these slots, application for this course requires written justification/recommendation by your reserve supervisor and yourself.

MORE NEWS YOU CAN USE RE: EDUCATION (cont.):

Advanced PT Course on Evaluation and Treatment of the Spine, course no. 6H-A0628. April 15-19, 2003 in San Antonio, Texas.

Management of Burns and Multiple Trauma. The dates are to be announced. This course is for all AMSCs and has several reserve slots. This course will be available annually.

For any additional details about applying for a course of interest you may contact LTC Kuwamoto at: roderick.kuwamoto@cen.amedd.army.mil

or at (210) 295-9428.

LTC Kuwamoto is the AMSC at DHET (Dept. of Health, Education, and Training).

You may learn much more about courses on the website: www.amsc.amedd.army.mil and go to related links. Find DHET, then select PPSCP.

AMEDD KNOWLEDGE EXCHANGE

You may access a library containing Corps specific and AOC(65B) information by visiting

<https://ke.army.mil>

Documents, care plans, critical pathways, and individual case studies may be perused and discussed. You may bring some of your expertise into these case discussions. You may also access this site through the corps site (www.amsc.amedd.army.mil)

ARMY KNOWLEDGE ONLINE(AKO)

A lot of you already access the AKO site to use a military e-mail account, and find out about your military affairs and other military matters. You may access it through these following sites:

www.2xcitizen.usar.army.mil

www.us.army.mil

www.amsc.amedd.army.mil

All reservists and active duty soldiers are asked to sign in and obtain a password to allow rapid communication about your reserve affairs. The password will need to be changed every 6 months.

BALANCED SCORECARD

What is the balanced scorecard that you have been hearing about? It is a business model of strategic planning for organizations that The Surgeon general has directed the military healthcare facilities to use. It is known as the Balanced Scorecard Strategic Management System. You may review it and learn much more by visiting the website:

<https://ke.army.mil/BSC>

GETTING RETIREMENT POINTS

Per AR-PERSCOM, reservists not on active duty may obtain up to 90 points per year as of 31 October 2000. From 23 September 1996 until 30 October 2000, a maximum of 75 retirement points per year could be earned, and prior to 23 September 1996, a maximum of 60 points per year could

RETIREMENT POINTS (cont.)

be earned. This information is per AR 140-185. You may access this at: www.2xcitizen.usar.army.mil under the search for 'earning retirement points'. This regulation reviews the two-hour rule for points, and the four-hour rule for points, among other rules. Briefly, under the two-hour rule, you must attend training for a minimum of two hours, earning 1 point, which is the maximum earned for that day. If you attend a minimum of four hours of training in one day per a seminar, you earn a maximum of one point for the day. While on IDT, you may earn a point for each 4 hours, or a maximum of 2 points for the day. The information in the website should help to clarify this for you. There are 25 rules listed in this regulation. Other helpful rules inform you that you may earn one point for recruiting an enlistee, provided that the enlistee credits you for his/her decision to enlist. You may also earn one point per three nonresident correspondence course hours of study. Check out the site to learn more, on how to maximize those points!

CAREER PLANNING

In career planning, the military physical therapist is advancing to a doctoral degree level. As you know the American Physical Therapy Association is targeting this transition to a doctoral entry-level therapist by the year 2020. Another new fact to consider is that there are now some physical therapists who are integral

to Ranger and Special Forces units. Perhaps some of you reserve therapists have an interest in this particular area, which will involve training in EFMB, and other skills. There are physical therapists who are company commanders, platoon commanders, as well as higher-level commanders. If you pull the life cycle model off of the corps website, this will be a helpful aid to yourself and to your rater in planning for the future in your career. Where do you see yourself a few years from now, and how do you get there? What type assignments will you need? What military and civilian education will you need? What special skills will you need? Remember, with the minimum time in grade for promotion, it is the Best Qualified when you are competing for promotion and for opportunities.

For the active component, Command and General Staff College (CGSC) will be replaced by Intermediate Leadership Education (ILE).. This has not yet occurred. Eventually, this will occur later for reservists.

Give your career planning and goals careful thought, so that you plan your needs and requirements to get there appropriately. Enjoy your reserve time. Take advantage of the opportunities!

RECRUITING

Although current AMSC Reserve physical therapists numbers are in good shape, and overstrength at this time, any physical therapist or student

RECRUITING (cont.)

you meet who may be interested in investigating the option of reserve or active duty service, should contact a health care recruiter. You may help in a couple of ways. First, share your experience with them, and introduce them to others who can share information with them. You may have them contact me by e-mail. Find a recruiter to contact online at: www.goarmy.com/recrloca.htm

Or call an AMSC at recruiting command, LTC Peggy Jones, at (502) 626-0360. In this way, we can help the individual to explore their options with the most up to date scenario.

OTHER AMSC RESERVE CONTACTS

Here are the names of the other IMAs in the AMSC Reserve:

IMA to Corps Chief:
LTC M'Lynda Durr
medurr@comcast.net

IMA to the Chief, OT Section
LTC Mary Altena
mary.altena@amedd.army.mil

IMA to the Chief, Dietitian Section:
COL Sarah Helms
helmssb@aol.com

IMA to the Chief, Physician Assistant Section:
LTC James Shear
james.shear@us.army.mil

CLOSING

I have enjoyed interacting with the many great professionals and friends I have made in my reserve journey. I wish you all a highly satisfactory experience in your journey. I hope you found the newsletter to be helpful. The snowstorm abbreviated my efforts to create a more creative edition this time. Take advantage of the web site, and send me your e-mail. I will pass this along to my successor who will continue to try to be accessible to you. God Bless.